



Green Peppers

Product of USA

SUPER DEAL!

\$1.49
/lb



\$1.79
/lb

Broccoli Crowns

Product of USA



Mint

Product of Morocco

89¢
/ea



Nectarines

Product of Chile

\$2.69
/lb



Pink Lady Apples

Product of USA

\$1.29
/lb



Sweet Corn

Product of USA

79¢
/ea



Red Grapefruit

Product of USA

99¢
/ea



English Cucumbers

Product of Canada/Mexico

\$1.29
/ea



Seedless California Navel Oranges

Product of USA

\$1.49
/lb



113
SIZE

Romaine Hearts

Product of USA

\$2.99
/pkg 3



Roma Tomatoes

Product of USA/Mexico

\$1.29
/lb



CHECK IT OUT!
MAKE IT TONIGHT!
RECIPE BELOW!
ProduceDepot.ca

WHAT'S FOR DINNER?



Enjoy the recipe online!

Roma Tomatoes Parmesan

Ingredients

- 12 ripe Roma tomatoes
- 2/3 cup Parmesan cheese, freshly grated
- sea salt and freshly ground black pepper to taste
- 2 tablespoons fresh basil, finely chopped
- 3/4 cup fresh chives, chopped
- 1/4 cup extra virgin olive oil

Instructions

Choose a dozen firm, red, ripe Roma tomatoes. Wash them well with water. Cut each tomato in half lengthwise and place on a baking sheet with cut side up. Drizzle a bit of extra virgin olive oil on each half tomato. Sprinkle lightly with sea salt and freshly ground black pepper. Sprinkle finely chopped fresh basil and chives on each tomato half. Preheat oven and set your oven to broil mode. When oven is ready, sprinkle a generous amount of Parmesan cheese on the prepared tomatoes. Place underneath a preheated broiler for 4 to 5 minutes and remove when the Parmesan cheese has melted. Serve tomatoes as an appetizer or a mouth-watering side dish with a main entrée. Makes 6 servings.



Fresher than Fresh
SEAFOOD

Whether you're searching for wild-caught salmon or fresh shrimp, we take pride in offering a variety that's as fresh as it gets, delivering ocean-to-table flavor you can trust.



SPECIALS IN EFFECT JAN 22 – JAN 28, 2025

We reserve the right to limit quantities. Products not exactly as shown. While quantities last.

BANK ST. LOCATION: 2446 Bank & Hunt Club | 613.521.9653
MON TO FRI: 8AM – 8PM SAT: 8AM – 7PM SUN: 8AM – 6PM

CARLING LOCATION: 1855 Carling @ Maitland | 613.722.6106
MON TO SAT: 8AM – 7PM SUN: 8AM – 6PM



BUTCHER

Boneless Top Sirloin
Roast or Steaks

\$6⁹⁹
/lb
\$15.41/kg



\$3⁹⁹
/lb
\$8.80/kg

Fresh Pork
Back Ribs

Fresh Medium
Ground Beef

\$5⁹⁹
/lb
\$13.21/kg



SEAFOOD

Fresh Tilapia
Fillet

\$9⁹⁹
/lb
\$22.02/kg



\$16⁹⁹
/lb
\$37.46/kg

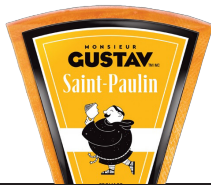
Tuna Loin Steaks

Ilios Flavoured
Salmon
Assorted Varieties

\$3⁴⁹
/120g



DELI



Gustav Saint
Paulin Cheese

\$2⁸⁹
/100g



Oven Roasted
Turkey Breast
Assorted Varieties

\$2⁵⁹
/100g



Fontaine Sante
Humm! Hummus
Assorted Varieties

\$3⁹⁹
/227-
255g

GROCERY



Hamburger Helper
Assorted Varieties

\$2⁴⁹
/158-
240g



Dempster's
Grain Breads
Assorted Varieties

\$3⁴⁹
/600g



Black Diamond
Processed Cheese Slices
Assorted Varieties

\$3⁹⁹
/410g

